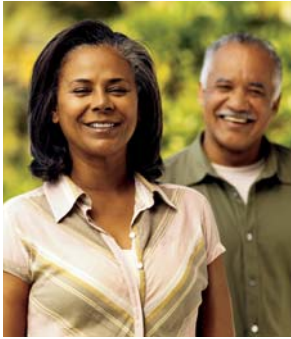


Your Family's Health

Make a Difference at Your Family Reunion

Individual/One-on-one Approach



You can bring health to the table at your reunion by talking one-on-one with family members at risk for kidney disease. You may already know which family members have diabetes or high blood pressure, or you may need to ask others in your family to help you identify them. Start a conversation with these family members, and help them make the connection between their diabetes or high blood pressure and their kidney function.

You can download copies of the *Questions and Answers About the Kidneys and Kidney Disease* fact sheet from the NKDEP Family Reunion website at www.nkdep.nih.gov/familyreunion, and print out copies for the family members you talk to. You can also download or order copies of the *Learn the Risks* brochure, which provides tips for talking to doctors or health care providers. Encourage your family member to bring this information to his or her next doctor visit.

Below are some talking points to help you begin the conversation with your family members:

- I know that you have [diabetes and/or high blood pressure]. I recently learned that diabetes and high blood pressure are the two leading causes of kidney failure. Do you know if you've been tested for kidney disease?
- Don't wait for symptoms. Early kidney disease has no symptoms. Many people don't know they have kidney disease until just before the kidneys fail. If the kidneys fail, a person must either go on dialysis or get a kidney transplant.
- Simple blood and urine tests can detect kidney damage. Testing is the only way to know if you have kidney disease.
- If you have kidney disease, there are medications called ACE inhibitors or ARBs you can take and other things you can do to help delay or prevent kidney failure. That is why testing is so important. So please talk to your doctor or health care provider about getting tested.